



The Jacobs Ladder X ladder climbing exercise machine is designed specifically for training fitness enthusiasts, athletes, and professionals. JLX marks the first major redesign to Jacobs Ladder in over 20 years, and offers four different climbing positions to train different muscle groups at different intensity levels. The JLX also features a redesigned display and dashboard, providing more feedback and information on workout intensity levels based on speed.

JACOBS LADDER X

FEATURES	
LENGTH	80in (203cm)
WIDTH	30.5in (77.5cm) (37.25in (95cm) With Removable Cupholders Attached)
HEIGHT	69.5in (177cm)
RECOMMENDED CEILING HEIGHT	8.5ft (259cm)
MATERIALS	Frame: Welded Tubular Steel Rungs: 2" Solid Maple with UV Cured Acrylic Coating Case: ABS Plastic
CLIMBING POSITIONS	4
CLIMBING ANGLE	40°
DIGITAL READOUT	Elapsed Time, Calorie Burn, Rate (ft/min), Total Feet Climbed, Intensity Level
ACCESSORIES	Jacobs Ladder Waist Belt
MAX USER WEIGHT	350lbs (159kg)
POWER	Self-Powered
ADDITIONAL ITEMS	AC Power Adapter (for recharging only)
PRODUCT WEIGHT	345lbs (156kg)
SHIPPING	
SHIPPING DIMENSIONS	33" x 83" x 76" (84cm x 211cm x 193cm)
SHIPPING WEIGHT (BOXED)	512lbs (232kg)
SKUS	
JLX	

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